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# Ham and Cheese Corn Muffins

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Makes 9 muffins

**Ingredients:**

- 1 package (about 8 ounces) corn muffin mix**
- 1/2 cup chopped extra-lean deli ham**
- 1/2 cup shredded reduced-fat Swiss Chesse**
- 1/3 cup 2% milk**
- 1 egg or egg substitute**
- 1 tablespoon Dijon mustard**



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- 1. Preheat oven to 400 degrees. Spray 9 (2 3/4 inch) muffin cups with nonstick cooking spray or line with paper baking cups; set aside.**
- 2. Combine muffin mix, ham and cheese in medium bowl. Beat milk, egg and mustard in 1-cup glass measuring cup. Stir milk mixture into dry ingredients; mix just until moistened.**
- 3. fill prepared muffin cups 2/3 cups full. Bake 18 to 20 minutes or until lightly brown. Cool 5 minutes in pan on wire rack. Remove from pan. Serve warm.**

- **Serving suggestion: serve ham and cheese corn muffins with honey-flavored butter, prepared by combining equal amounts of honey and softened butter.**

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